

**NELSPRUIT MARATHON CLUB
CLUB LEAGUE MEN TABLES (WALKING)
HH:MM:SS**

WALKING MEN					
10KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	00:52:00	00:58:00	01:04:00	01:09:00	01:13:30
6	01:04:00	01:08:30	01:13:00	01:16:30	01:20:00
5	01:16:00	01:19:00	01:22:00	01:24:00	01:26:30
4	01:28:00	01:29:30	01:31:00	01:31:30	01:33:00
3	01:34:00	01:34:45	01:35:30	01:35:15	01:36:15
2	01:40:00	01:40:00	01:40:00	01:40:00	01:40:00
WALKING MEN					
15KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	01:19:30	01:28:15	01:37:00	01:45:00	01:52:45
6	01:37:00	01:43:45	01:50:30	01:56:00	02:01:45
5	01:54:30	01:59:15	02:04:00	02:07:00	02:10:45
4	02:12:00	02:14:45	02:17:30	02:18:00	02:19:45
3	02:20:45	02:22:30	02:24:15	02:23:30	02:24:15
2	02:30:00	02:30:00	02:30:00	02:30:00	02:30:00
WALKING MEN					
21.1KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	01:54:00	02:06:00	02:18:00	02:30:00	02:42:00
6	02:18:00	02:27:00	02:36:00	02:45:00	02:54:00
5	02:42:00	02:48:00	02:54:00	03:00:00	03:06:00
4	03:06:00	03:09:00	03:12:00	03:15:00	03:18:00
3	03:18:00	03:19:30	03:21:00	03:22:30	03:24:00
2	03:30:00	03:30:00	03:30:00	03:30:00	03:30:00
WALKING MEN					
32KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	02:56:30	03:15:00	03:32:30	03:50:45	04:09:00
6	03:32:30	03:46:30	03:59:30	04:12:45	04:26:45
5	04:08:30	04:17:45	04:26:30	04:34:45	04:44:15
4	04:44:00	04:49:00	04:53:30	04:57:15	05:01:45
3	05:02:00	05:04:30	05:06:45	05:08:30	05:10:45
2	05:20:00	05:20:00	05:20:00	05:20:00	05:20:00
WALKING MEN					
42KM					
No tables have been set up for the 42km distance. However, depending on the cut-off times, athletes, regardless of age category or gender, will be awarded points according to the table below.					
Time					Points
Finish within 5hrs					7
Between 5 hrs & 5h30min					6
Between 5h30min & 6hrs					5